



**No  
Allergies  
Please**

# Food Allergies

*What we do during a food allergy  
rebalancing session*

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## What we do during a food allergy rebalancing session

**“I remember that I used to pass gas right after I ate. And it smelled foul too!”**

Do you pass gas? Do you get a bloated feeling after eating a meal? Do you get heartburn, acid reflux or burping? Are you constipated or do you get diarrhea? Well, if you answered “yes” to any of the questions above, then it’s likely a food allergy that you are suffering from. I remember that I used to pass gas right after I ate. And it smelled foul too!

Little did I know that it was a food allergy that I was suffering from. After clearing myself from various food allergies, I found myself to not pass gas and, in fact, when I did pass gas it was not as smelly as before.

I remember this guy who had walked into my office and he suffered from two gigantic patches of eczema from his hands. He told me that the eczema usually got worse whenever he consumed dairy or ate wheat. So, I proceeded to clear him from his dairy allergy and his eczema patches went down a little bit. Then I proceeded to clear him from his wheat allergy and his eczema patches went down a little bit more. I continued to clear him from his intolerances to grains, sugars, vitamins and minerals and each clearing caused to eczema patches to go down even more until they were gone! Now nothing is left on his hands.

Before I knew what the definition of an allergy really was, I was clueless as to its many causes. You see, that is what the general public knows, which

is basically nothing as to what an allergy is. Many common health problems, such as those mentioned above, are actually allergy symptoms.

What we do is rebalance that food sensitivity from within your body. Whenever you consume dairy or eat wheat, as examples of you being intolerant to, your body does a sine curve. As you get rebalanced, your body performs an opposite sine curve thereby nullifying the effects of the dairy or wheat on your body. And this should be permanent too!

Speaking of dairy and wheat, did you know that the two products are amongst the highest in terms of rebalancing for people? Ask any naturopath what are the two products that they would most recommend staying off of? The answer would be undoubtedly dairy and wheat.

Even though we rebalance dairy and wheat, we are still strongly opposed to being on the two items for an extended period of time. We uphold the 80-20 rule, whereby 80% of the time you should be staying clear of dairy and wheat and 20% of the time you can have dairy and wheat. They have just been over processed, which causes them to be unrecognizable by the human body otherwise known as a toxin. With the introduction of hormones, antibiotics, pesticides, herbicides and insecticides, all these have tainted our dairy products.

There are alternatives to dairy, such as rice milk, almond milk, oat milk and hemp milk. And to wheat, there are flax seed, oat bran and kamut pasta. Just read the ingredients and there should be no mention of wheat products anywhere in there.

**Allergy Rebalancing – A four-step process...** In the next section, I will describe to YOU the four-step process for alleviating your allergy symptoms. It does not matter what it is that you are allergic to. We are so confident the process works, that we are willing to guarantee the results.

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## **“The testing, the rebalancing and the confirmation!”**

### Step 1: The testing.

Using a sophisticated computer system, we are able to test you for an infinite variety of items. The information (finger prints) of each item is digitally stored on this computer system. By attaching clips to both hands, the computer is able to send the information about each item to your body. It then records your body's responses and we print the results. Next it's on to step 2.

### Step 2: Verification.

Based on the results we've obtained from step 1, we select from the computer the items to rebalance. After all items have been selected, we imprint a glass vial, filled with water and alcohol, with all of the items. With this vial, we are able to confirm your body's sensitivity to the items via a simple muscle test. By putting the test vial, let's say it contains pollens, up against your arm and then holding your ring finger and thumb together tightly (see



**Figure 1**

Figure 1), we

will test your allergic reaction to the substance contained in the test vial. In this test, the vial is held up against your forearm and we will try to separate your finger and thumb. If they do separate, then you have an issue with the substance, otherwise, you do not! It's that simple.

### Step 3: The elimination.

Connected to the computer is a special laser pen. We use this laser to transmit the information (finger print) of each item to your body using various acupuncture points. Note that there is no penetration of the skin by our laser. It is a painless procedure and is even safe for

children! Also note that your body is doing the rebalancing—we're just the facilitator, helping to get things started and your body does the rest. The entire process takes approximately 15 minutes. Once completed, we go to step 4.

### Step 4: The confirmation.

In this step, we repeat step 2. Using the muscle test, your body should now test strong during the re-test. And that's it! The entire process for new clients runs around one and a half to two hours. Returning clients are often 30 to 45 minutes.

## **“So what are YOU going to do?”**

Now that you have the information, what are you planning to do about it? The average person has 40 allergy symptoms with or without them being aware of it. But now that I've given you some indication of what may constitute an allergic reaction (bloating, constipation, diarrhea, asthma, etc.) perhaps I have done my job and you are aware of it. However, if you want to go one step further and you want to rebalance your body and alleviate your allergy symptoms, you can always find our telephone number by visiting our website at [www.noallergiesplease.com](http://www.noallergiesplease.com).

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